

James J. Tedesco III
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DIVISION OF SENIOR SERVICES
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Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Meals have returned to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 796-3342.

For Your Information...

KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
1-(877) 222-3737

Meals on Wheels
(201) 336-7420

Bergen County Housing Authority
(201) 336-7600

Community Transportation
(201) 368-5955

Division of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Director
500 Mola Boulevard
Elmwood Park, NJ 07407

Phone: (201) 796-3342 • Fax (201) 475-9403

ElmwoodParkCenter@co.bergen.nj.us

Open: Monday - Friday, 8:00AM - 3:30PM

ELMWOOD PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
March 2023

March 3	CBD, Medical Marijuana, and Pain Management from The Center For Alcohol and Drug Resource Speaker: Cassandra Colaizzi, MPH	10:30am
March 3, 10, 24 & 31	Physical Therapist, Alita Reyna from Allied Rehab Care Specialists (Friday's)	9:00am -12:30pm
March 7	AARP Safety Driver's Course	8:30am -3:00pm
March 10	"Eating Your Way To Health" New Bridge Medical Center-Speaker: Josefina Romana	10:30am
March 15	Elmwood Park Police Department will visit and talk about What's Happening in E.P.	12:30pm
March 17	Smoothie Demonstration w/ Marla Klein, RD	10:30am
March 20	Spring Begins!	
March 21	Blood Pressure Screening w/ B.C. Health Department	9:30am -12:30pm
March 21	Spring Bingo Bash!	12:45pm

The EP Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment practices.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>Please Note:</u> <i>Our lunch time is changing to 11:45 starting on March 1st</i></p> <p><i>Menu subject To Change Without Notice</i> Suggested Donation \$ 1.25</p>		<p>1 8:00 Continental Breakfast 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Billiards/Cards</p> <p>KOREAN BBQ PULLED PORK</p>	<p>2 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>HERB ROASTED CHICKEN LEG</p>	<p>3 8:00 Continental Breakfast 9:30 Physical Therapist 10:30 CBD, Medical Marijuana, & Pain Management w/ Cassandra Colaizzi 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>EGGPLANT ROLLATINI</p>
<p>6 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>SWEET AND SOUR MEATBALLS</p>	<p>7 8:00 Continental Breakfast 8:30-3:00 AARP Driver's Course 10:30 Movements To Dance 11:45 Lunch 12:45 Billiards/Cards</p> <p>BAKE FISH W/ DILL SAUCE</p>	<p>8 8:00 Continental Breakfast 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Billiards/Cards</p> <p>CHICKEN FLORENTINE</p>	<p>9 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>HAMBURGER (BEEF)</p>	<p>10 8:00 Continental Breakfast 9:30 Physical Therapist 10:30 "Eating Your Way To Health" w/Josefina Santa-Romana 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>TUNA AND BOWTIE PASTA SALAD</p>
<p>13 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>PORK TENDERLOIN W/ APPLESAUCE</p>	<p>14 8:00 Continental Breakfast 10:30 Movements To Dance 11:45 Lunch 12:45 Billiards/Cards</p> <p>SALISBURY STEAK W/ BROWN GRAVY</p>	<p>15 8:00 Continental Breakfast 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:30 E.P. Police Visit</p> <p>CHICKEN CUTLET PARMESAN</p>	<p>16 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>CORNED BEEF</p>	<p>17 8:00 Continental Breakfast 10:30 Smoothie Demonstration 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>BAKED FISH W/ GARLIC AND LEMON SAUCE </p>
<p>20 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>TURKEY AND SWISS CHEESE W/ ARUGULA ON WHOLE WHEAT ROLL</p>	<p>21 8:00 Continental Breakfast 9:30-12:30 Blood Pressure 10:30 Movements To Dance 11:45 Lunch 12:45 Spring Bingo Bash!</p> <p>HOT TUNA NOODLE CASSEROLE</p>	<p>22 8:00 Continental Breakfast 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Billiards/Cards</p> <p>CHICKEN CORDON BLEU</p>	<p>23 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>SLOPPY JOE ON WHOLE WHEAT KAISER ROLL</p>	<p>24 8:00 Continental Breakfast 9:30 Physical Therapist 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>EGG SALAD ON ROMAINE LETTUCE</p>
<p>27 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>SWEDISH MEATBALLS</p>	<p>28 8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 12:45 Billiards/Cards</p> <p>MEATLOAF W/ GRAVY</p>	<p>29 8:00 Continental Breakfast 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Billiards/Cards</p> <p>SHAVED PHILLY BEEF SANDWICH</p>	<p>30 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>KOREAN BBQ CHICKEN LEG QTR</p>	<p>31 8:00 Continental Breakfast 9:30 Physical Therapist 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>BAKED FISH W/ DILL SAUCE</p>